

# UNITY DAILY WORD

*Empowering Daily Living*



*Revealing the way to*  
HEALTH, HAPPINESS and PLENTY

# AFFIRMATIONS USED BY SOCIETY OF SILENT UNITY

January 20 to February 19

*The radiance of the Christ presence within me quickens, illumines, and inspires me.*

*The Christ of God quickens and heals me.*

*Christ is here blessing and multiplying my substance, and there is abundance for every need.*

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## UNITY DAILY WORD

A little companion that daily will direct your steps  
to the sun-tipped heights in whose glory you will behold  
yourself as a son of God, for such you are.

Nonsectarian. Published monthly.

F. B. WHITNEY, *Editor*

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dressed to Editor of *Unity Daily Word*, % Unity School  
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Our Father in heaven,  
We hallow Thy name.  
May Thy kingdom holy  
On earth be the same.  
O give to us daily  
Our portion of bread,  
It is from Thy bounty  
That all must be fed.  
Forgive our transgressions,  
And teach us to know  
The humble compassion  
That pardons each foe.  
Keep us from temptation,  
From weakness and sin,  
And Thine be the glory  
Forever, amen.

—*Selected.*

## HEAVEN'S WITHIN YOU

WILLIAM B. JOHNSTON

The kingdom of heaven is not far away,  
It's wherever you go or wherever you stay.  
Its glories and pleasures are always in view;  
For the kingdom of heaven is right within you.

Do not wait, in a day or a time by and by,  
To be wafted by angels to heaven on high;  
Do not wait for the time when you're crossing  
the bar;  
For the kingdom of heaven is right where you  
are.

You can see its bright diamonds in dew on the  
grass  
And alike in the silver-white cloudlets that pass;  
You can see it at night in the moon and the  
stars;  
It is everywhere present in this world of ours.

You can see it again without fail every spring  
When the songsters, the robins, and mocking  
birds sing;  
You can see it in flowers, in stones, and in trees,  
And again in the work and the hum of the bees.

When the harvest is finished, the wheat in the  
bin,  
And the stock is all sheltered and warmly  
housed in,  
You can see it again in the fast-growing grain  
And again in the fall of a much-needed rain.

## TAKING A NEW HOLD ON LIFE



**Y**OUR ABILITY to take a new hold on life depends upon your ability to break with the thought of the past and acquire a new outlook on the present and the future. Taking a new hold, then, is simply a matter of gaining the right perspective of time. If the past continues to be something to you, then the unpleasant events of the past will continue to live. Their hold on you will prevent your taking a new hold on life.

If you would take a new hold on life, then life must ever be unfolding new viewpoints to you. The value of an unpleasant situation of yesterday lies entirely in its ability to contribute to your good of today. Today is the only time you, as a student of Truth, can recognize. You can do nothing now about the past beyond handling it in consciousness. Your future is taken care of by your mental attitude of today.

Your life is enriched to the extent that you live in the present. The reason for this is that in the present you actually participate in the blessings of God. The present moment is the only time recognized by Spirit. You can see that you must grasp opportunities now, take a new hold on yourself now, enjoy the blessings of God now.

Probably there are many persons who, in the last year or so, were in unpleasant situations, financial and otherwise, and who for years to come will continue to vex their minds with their adversities and reverses of yesterday.

The past and their belief in failures, injustice, and financial losses will have such a strangle hold upon them that they will be unable to get a new grip on life. They will be unable to receive the good things that seek them today. Their thought about the past will act as a barrier to prosperity, justice, order, and success.

Do you see that in order to lay hold of the blessings of today you must break with the unpleasant memories of yesterday? Do you see that as long as you hold to negative thoughts and conditions you cannot be receptive and responsive to new blessings? Your clinging to the memory of the misfortune and sorrow of yesterday keeps you from taking a new hold on life.

Many an invalid has taken his first step toward recovery by dropping from his mind adverse thoughts of the past. By ridding his mind of hate, fear, jealousy, and revenge he has been able to lay hold of the love of God. By dropping from mind the belief in injustice and mistreatment, by forgiving others, he has taken a step toward receiving the healing power of God.

Entertain that mental attitude in which you cease to pay attention to the failures and unpleasant memories of the past. Remember that Lot's wife became crystallized when she looked behind her. Your mental attitude should be such that you are always facing forward, enjoying the blessings in front of you and preparing yourself for those which lie just beyond.

The only time to take a new hold on life is the present time, the present moment. You but delay your salvation from adverse experiences as long as you fail to put out of your life the memories of unfortunate experiences, and to lay hold of the blessings at hand.

You cannot continue in the thought that some one has treated you unjustly. You cannot continue to think of financial reverses, of a position you had yesterday that was better than the one you have today. You must try not to live in the past. If you would improve conditions you must make new history for yourself! To be content to bask in the glories and successes of yesterday is to fail to see the blessings of today right at hand.

The thought we convey in this message is that of living in the now, adopting a new outlook on life, taking a new hold. When you live in memories of the past, you live in a dream, in an unreality. Only the present moment has reality in Truth. Only the present time offers you opportunities. You can live only in the present moment.

If you would forget the past, you must forgive yourself: free yourself of the "sin" of holding yourself in the thought of limitation. You can forgive yourself only by disabusing your mind of the offending thought. This you can do by filling your mind with new ideas, new ideals, new interests. By this process you place yourself in position to receive from God.

## AVOIDING MENTAL CONFLICTS



**F** YOU would avoid mental conflicts, you must of course find some way of keeping out of mind those thoughts which make for conflict. Were you to permit antagonistic, pugilistic, and destructive thoughts to run helter-skelter in your mind, were you to allow these to sink into subconsciousness, you should expect sometime to hear from them again.

Mental conflict comes about when there is a conflict of ideas. When you have the thought or feeling that you want to do something, and at the same time know or feel that you cannot do it, there is conflict. You cannot entertain thoughts of opposite character at the same time without becoming involved in some sort of mental warfare.

If you are accustomed to living one kind of life and at the same time feel compelled to live another, there is bound to be conflict. If you have allowed a pugilistic thought about another to sink into consciousness, and at the same time are trying to entertain the thought of friendship for him, you will have to redeem the pugilistic thought before you can experience real and true friendship.

That which psychologists call a "brain storm" is but the unexpected explosion of subconscious thoughts. At some unguarded moment when the conscious mind (or, as some one has called it, the conventional mind) is off duty, the deeper thoughts come to the surface and express themselves. Possibly you have seen some one in an unguarded moment give



vent to hidden feelings and, a second later, seen them totally nonplused at their own actions. The individual who seems to lose his head in such a situation may usually be most considerate of others. However, his feelings betray his subconscious thoughts.

The only way to avoid brain storms or to keep from having mental conflicts is to stand guard over the thoughts. When an insidious little thought comes to mind, handle it before it goes into hiding in your subconsciousness. When a malicious thought about another comes to mind, neutralize it with Truth before it goes into your deeper consciousness. If you keep the sly little thoughts out of your conscious mind, they cannot reach subconsciousness.

The purpose of understanding Truth is to establish it in consciousness in place of thoughts of error or evil. Man's salvation depends upon his being redeemed from those thoughts which cause him to do evil deeds. His true redemption must take place in his mind and in his heart. He must be freed from unholy subconscious beliefs. He must be saved from those seething and festering subconscious thoughts which make for mental turmoil and physical unrest. An adverse thought in subconsciousness acts upon the physical body as a thorn in the flesh.

If you would avoid brain storms, clear from your secret mind the malicious thoughts you have about others, about your life, or about

your relation to other persons. When an unholy thought comes to mind neutralize it promptly. If your work is not entirely effective the first few times, you may be assured that it will be simpler and easier as you keep at it.

As to mental conflicts: if you feel that you are entertaining conflicting opinions, try to stand apart from your personal life and view the situation as would a disinterested spectator. If your life has become a tangle of conflicting thoughts, set about untangling things patiently and persistently. Above all, do not become despondent or discouraged. You will feel the greatest sense of victory it is possible for any human being to feel when you learn to master yourself. There is a way out of any adverse situation. There is a way to untangle conflicting thoughts. Christ within you will show you the way.

Truly we say that we cannot entertain two kinds of thoughts at the same time. If we try to do so, conflict results. If we entertain but one kind of thoughts, thoughts of good, then we neutralize thoughts of evil. The mind in conflict finds its rest when it adopts that high spiritual outlook from which it masters adverse thoughts. It cleans from subconsciousness those thoughts that are contrary to the higher truths of Christ. Then it experiences spiritual victory, the joy of knowing the soul's supremacy over baser thoughts.

## EACH MORNING BEGINS A NEW LIFE



**H**AVE YOU ever thought of the dawning of a day as the dawning of a new life and a new world? Last night the darkness of the night blotted out your mistakes of yesterday. This morning the bright and glorious sun saluted you in a new world with new opportunities. Is this not a beautiful truth to contemplate? Does not its truth seem more and more convincing as you think about it?

To the man who thinks of life as a humdrum experience, today is just another day. It links him up with unfortunate experiences of yesterday as well as the uncertainties of tomorrow. His calendar reveals to him but a succession of days. His experience in living through them is almost the same as that of a patient and plodding animal working a treadmill.

Last night the curtain of darkness closed upon your yesterday. In the darkness of the night, in the process of sleep, your old self died to things of the past. The all-wise and all-loving God gave you sweet forgetfulness. The presence of Christ gave you rest, courage, and strength to meet the issues of the day to come. At dawn a new day, a new life, and a new world were proclaimed to you. In the new day nothing of the past comes forth.

Do not bring into your new day any adverse thought of yesterday. You cannot afford to besmirch your new day with any old and limited beliefs. Greet the new day with a smile.

Let the dawning sun be reflected in your countenance and be in turn reflected into the faces and hearts of those with whom you come in contact.

Each dawning begins a new life. Not a single self-imposed limitation of yesterday can obtain in your new day. The world is yours. You have power within you to conquer every situation. Everything lies before you. You stand at the threshold of opportunities.

Each morning heralds a new existence for you. Can you not think of yourself as reincarnated each night, invested with new wisdom and strength, empowered with new might to accomplish whatever you set out to do? Think of yourself as being brought into a new world with the blessing resting upon you that everything that happens during the day is to redound to your highest good. Think of yourself as having a charmed life, as carrying within you the presence of Christ, which is mighty to do all things.

The new life that unfolds before you this morning is but an example of the new life that will unfold before you every morning. Each morning ushers you into a new world. Here you find new friends: your friends of yesterday freed from your adverse beliefs about them, if you will only discover them. If you are wanting to meet new friends, what could be finer than seeing your old friends in this new light!

If you think tonight that you could have

improved upon your living of today, then at tomorrow's sun you will have another fresh opportunity. Just remember, however, that you must not condemn yourself for your mistakes or failures of today. At tomorrow's sun, another new life will unfold before you.

You have a fresh beginning at each morning's dawn. The world greets you with a sunny smile at dawn. The sun peeks at you over the horizon in such a bewitching manner that you just cannot be downcast. You are called to play. You are called into the adventure and romance of life. Great experiences may come to you before the sun sinks in the west. Be ready for them, ready to meet and to conquer them.

Do you not like this philosophy of dawning new worlds for you? Do you not want to live for an eternity in order to see what these worlds have in store for you? What a panorama life presents to us! But one thing is necessary in order that we may live life to the fullest: we must see life in the right perspective. We must approach each day with an uplifted heart.

If life looks the same to you as it did yesterday, then your thought has not gone through the regenerating and uplifting process that it should have undergone. Today should appeal to you as much finer, more capable of giving you blessings than yesterday was. You should think of today as the best day of your life. Be happy and joyful in possessing it.

## LIGHTED CANDLES



HERE IS a certain something within each of us which is lighted up with the glory of the Lord as soon as we become conscious of the presence of the Spirit of light within us. It is something that men about us recognize, because it is lighted with a spark of the divine. We have touched our candle to the light of heaven and we go forth bearing its flame, brightness, glory, warmth, and radiance.

Those whose inner candle is tipped with celestial light shine with the brightness of their divine sonship. The radiance of the light is reflected upon their countenance and their face is lighted up with the glory that bespeaks heavenly approval and benediction. Their whole being shines with an inner sunshine that casts about them an aura and a glow, golden in character, dazzling to behold.

Those who carry the pillar of fire within them leave healing in their wake. Wherever they go, they elevate those about them to the consciousness of wholeness. The most perfect example of one who shone as a light in the darkness of benighted thought is Jesus. Those who came into the presence of His glory found their darkened thoughts dispersed by His light of Truth. The darkness of disease and want yielded to Truth when they came into the presence of the candle of His Christliness.

When you feel negative, adverse, and discouraged, your candle is burning low. You must keep your lamp trimmed and burning.

The oil of gladness must feed your light. You must shine. Your thought must be turned away from the shadows. If necessary, go to heaven by way of the ladder of prayer and relight your candle. Above all, keep it burning. Keep shining.

The greatest power in the world is the man with a lighted candle, the man who radiates and shines. Nothing in the external world can dim his ardor. Nothing can extinguish his enthusiasm. Nothing can dampen his spirits. He carries a light that worldly beliefs cannot put out. His is truly the light of heaven.

We recall going into a home several years ago where the atmosphere was heavy and dark with disease and discouragement. Adverse thought was as heavy and as fixed as if it had been made of concrete. Then heaven sent a lighted candle! An illumined soul came into the home. The sunshine of his thought was felt immediately. Heaven poured its light from his heart. The one on the sick bed turned to the brightness of the light the visitor brought. The thought of disease began to lose its hold. The candle of the Lord sent into the home began to light other candles, long smouldering to almost the point of extinction. Finally, light burned from many candles!

If you would light your candle you must turn from darkened thought and face heaven. You must face the light of Truth in order to have the light burning within you.

## ORIENTATION



**THE PRACTICE** of turning or facing eastward in worship is observed by some religious persons. The rising sun, or even the orient, the place of the rising sun, was at one time considered to have power to bestow upon its devotees certain favors because of the sun god's heavenly benediction. To this day, some churches are planned with the altar at the east end that worshipers may face east when they face the altar.

The word "orientation" has several meanings, one of which is "adjustment to first or ascertained principles." The student of Truth early finds that former values of things of life change and that he must orient himself in a new position. He is like a carrier pigeon finding itself called upon to sense the direction. The pigeon, instead of hurrying just to get somewhere, first gets its direction and then sets out for its goal.

Many persons are continually called upon to readjust themselves to new conditions. They are called upon to change the focus of their observations. The broader life is with its diverse interests, the more necessary will be the individual's ability to orient and reorient himself.

There are persons who in time of panic or emergency set out to do something without first getting their bearings, ascertaining the right direction, becoming oriented. They neglect first to face God for direction. They fail to consider first principles—the principle of



Truth, God. Their efforts are often futile because they have neglected to orient themselves.

Life seems to call us to continual change, to readjustment. If we cannot adjust ourselves to new conditions because of our holding to old viewpoints, we appear to lose out in life's progression. If we cannot reorient ourselves readily, we find that we lose many opportunities and many of the blessings life can give to us.

The more pressing the need for us to act quickly in an emergency, the more essential is it that we stop for a few moments and get our bearings—the proper leading and guidance of Spirit. We need to let God speak to us and tell us just what to do. We need to consider the first principle—God.

Do you know how to orient yourself? Before rushing pell-mell into any situation, get your bearings. Stop for just a few moments and get your direction. Still the flutter and excitement of surprise, intensity, and anguish. Feel that you are withdrawing from the scene of action into that deep inner realm of the Spirit where quiet reigns. The intuition of Spirit will reveal your course to you. You will become readjusted to the situation at hand. You will face the mystical East, the place of effectual prayer.

Becoming oriented, we become adjusted to any change in life. We are master of situations. We are conscious of that indwelling presence of God which gives us the right sense of direction. We make the adjustment to first principle.

WEDNESDAY, FEBRUARY 1

*I give up all thought of anxiety, and  
I rest in the presence of God. All is  
well.*

**I** CAN easily give up thoughts of anxiety because I know that they are not thoughts of Truth. I know that when I am consciously unified with the mind of God I shall not have anxious thoughts. I realize that when I am anxious I must increase my faith in Him and know that He is bringing good to pass.

In God's sight all is well. In Spirit there is nothing to make me anxious. I realize that when my mind is cleared of anxious thought, when my mind is centered upon the Truth of God, I shall not be anxious. I know that when I realize the truth, there can be nothing in all my world to cause me one moment of anxiety.

I am no longer anxious about my health, my family, or my finances. I place all these in God's keeping. I place them in God's care knowing that in His presence they shall be filled with His life and substance. Giving my affairs into His keeping, I am relieved of all occasion for anxiety. I enter that high consciousness in which I realize that all is well.

I cannot be anxious because I trust in God and behold His work now being done in me.

Come unto me, all ye that labor and are heavy laden, and I will give you rest.—Matt. 11:28.

THURSDAY, FEBRUARY 2

*My body is the temple of the living  
God, filled with His living presence.*



NO longer think of my body as material. I do not think of it as susceptible to disease. I do not think of it as under the laws of matter or limitation. I erase from mind all belief in my body as being under any thought of limitation. I deny all connection with the race belief that my body can be touched by disease.

My body is God's holy habitation. It is His temple of health and wholeness. It expresses His idea of bodily perfection. It is the embodiment of all His ideas of health. It is the outer manifestation of His indwelling presence.

In my body are expressed God's perfect ideas of bodily perfection. Realizing this truth, I cannot outpicture in my body any thought but that of health. Realizing that it is God's temple, I express His life, love, purity, and strength within it. These act as a neutralizing power to all preconceived ideas of bodily limitation.

Henceforth I will think of my body as God's holy temple, knowing that no thought of disease can touch it, no adverse thought can limit it, no thought of death can reach it. I abide in the consciousness that my body is the habitation of health, the temple of the living God.

*He spake of the temple of his body.—John 2:21.*

*My supreme faith in God frees me from all belief in the power of evil. I believe in God, the good.*

**I** NO LONGER believe in evil as having any place or power in my life. I do not think of evil as anything I could believe in or as anything that could share my faith in God. I no longer believe in any power other than the power of good.

My faith in God is quickened through my feeling within me His very presence. I know that He is ever with me and within me. I believe in Him. I believe that even now He is quickening me to feel His presence and to know that in Truth there is no other presence or power.

All doubt and unbelief are cleared from my mind as my faith in God increases. I cannot doubt God any longer. I will ever believe in the presence and power of God even when evil appears to be real. My faith is ever centered in God in the midst of me. Realizing the might of His Truth I am no longer given to doubt and unbelief.

I believe that God is my light, my health, and my substance. I believe that He is ever with me, inspiring me to feel His presence and to become conscious of my oneness with Him.

He wavered not through unbelief, but waxed strong through faith.—Rom. 4:20.

SATURDAY, FEBRUARY 4

*All fear is dispelled from my heart  
because I abide in the courage of God.*



HERE CAN be no fear in my heart, because God dwells there. Every belief in fear is wiped out, because in the consciousness of God there can be nothing to make me afraid. Persons and external things cannot cause me to be fearful.

I know that God within me is my source of courage and fearlessness. When I need courage I have but to turn to God. I need only realize His presence in order to feel the presence of fearlessness, strength, and courage. I have but to cease thinking thoughts of fear in order to realize that I am free and courageous.

I abide in the courage of God, free from all thought of fear. I live in His presence, and nothing of the external world can disturb or harm me. In this realization I am no longer fearful. I do not believe that things of the world can make me afraid. I do not think of other persons as having power to dominate or harm me. I live in the conscious realization that in God's presence there is no fear, nothing to make me afraid.

Courage fills my heart and I go on my way filled with divine fearlessness. God in the midst of me is never afraid, neither can I be fearful.

Neither fear ye the people of the land.—Num.  
14:9.

*God, the good, fills my life so completely that there is no place for evil. In Truth, God, the good, is omnipresent.*

**I** DO NOT think of evil as anything having place in Truth. I do not think of it as having presence, being, reality, or existence. I know that evil is but man's conception of some opposite of God, the one and only presence and power. I realize that in Truth God cannot have an opposite. God, the good, cannot share His presence with any other presence, since He alone is omnipresence. He cannot recognize any other power, since only He is omnipotent.

Realizing that God fills my mind, my body, my life, and my affairs, I cannot believe that evil can touch me in any way. I cannot think of evil as anything in Truth, since I know that God is all in all. I cannot believe in it as having presence and power in my life, since only God is within and about me. That which is true of God, the good, is true in Spirit of me, His offspring.

God, the good, is the only god I know. I do not believe in powers of darkness, a personal devil, or hell. In reality there is only God, only His presence and power. Nothing can exist beside Him.

Abhor that which is evil; cleave to that which is good.—Rom. 12:9.

MONDAY, FEBRUARY 6

*The joy of the Lord fills my mind and my heart, and I go forth this day radiating joy to every one.*



OD, THE very presence of joy, fills me, and I radiate joy to all with whom I come in contact. In my consciousness there is no place for any belief in sadness or depression. I abide in the realization that the joy of the Lord fills my consciousness, and I am joyful at all times.

Persons and things of the external world cannot take my joy from me. It is established in God. No external thing can disturb the joy of the Lord within me. No adverse situation can cause me to lose sight of this joy. Joy ever wells up within me, and I am prompt to give it expression.

I go forth in the realization that every experience I have today must yield its joy to me. Through my consciousness of joy I am able to see joy manifest everywhere. Through my realization that God, the Spirit of joy, is within me I can behold the manifestation of joy throughout my world.

I live in the knowledge that nothing in all this world can cause me to yield my joy to it. I live in the consciousness that God within me is ever expressing Himself as my innate joy, and my world is filled with joy.

**The joy of Jehovah is your strength.—Neh. 8:10.**

*God, divine principle, is the law of good now operating in my life. All my affairs are governed by the law of good.*



RECOGNIZE but one law, the law of God, the principle of Truth. I do not believe in adverse laws—laws of disease, bad luck, or failure. I do not think that any adverse law can operate in my life. I know that in Truth there is only the law of good.

The principle of Truth that operates in my life and affairs is the principle of good by which good is caused to become manifest in my world. All that I am, all that I have, is now based upon this principle. I am governed solely by the Spirit of God, the law of good, the principle of Truth.

My knowledge of the law of Spirit, the principle of Truth, has made me free from the belief that a so-called law of sin, disease, failure, or death can operate in my life. The one law I recognize has no rivals. God is one. In the consciousness of the working of His law there cannot be the working of an opposite law. There can be no recognition of a principle of evil in the realization in Truth that there is only the principle of God, the law of good.

The law of the Spirit of life in Christ Jesus made me free from the law of sin and of death.  
—Rom. 8:2.



WEDNESDAY, FEBRUARY 8

*Because the Spirit of Christ in me is free, I too am free.*



REALIZE my true, perfect freedom through knowing that within me is the very Spirit of Christ. Knowing this, I cannot be enslaved to beliefs in adversity and limitation. I cannot be in bondage to thoughts of disease and failure. I know that I am free, perfectly free.

The Spirit of Christ in me frees me from all adverse belief. I am set free from those beliefs that would limit my full expression. I am liberated from those thoughts that would bind me to adversity. I am free mentally and physically because the Spirit of freedom within me has proclaimed my perfect freedom. I accept the freedom given to me and refuse henceforth to believe in bondage.

In the knowledge that I am free I know that things of the external world can no longer affect me or enslave me. I know that my inner sense of freedom is not affected by race beliefs in bondage. I abide in the consciousness that my freedom is entire. I live in the knowledge that through the freeing Spirit of Christ, I too am free.

My consciousness entertains only thoughts of freedom since Christ is enthroned therein.

If therefore the Son shall make you free, ye shall be free indeed.—John 8:36.

# THE SOUL

When day is dawning in the East, the sun arises  
Across the threshold of the mind, the stream of life  
There comes a thought that glorifies in immortality  
The rays of Truth, its sunshine bright must

When the horizon shows to me its gifts of light  
There dawns upon my consciousness the light of Truth  
That every darkened thought must give way to the light  
And every doubt and unbelief give way to Truth

When Truth, then, dawns upon my soul, its glory  
A new world opens to my sight, a heavenly world  
Behind me lie the yesterdays, before me only the to-morrows  
When day is dawning in the East, I am my own



# SOL DAWN

st, the sun arises in my soul,  
d, the streams a thought that I am whole;  
rified inmost being, soul, and heart—  
bright must penetrate my every part.

its gifts of glory, warmth and light,  
ness the light of Truth with rays so bright  
ust go must be replaced by thoughts of good,  
ve with Truth that's understood.

my soul, its glory fills and thrills my mind,  
a heavenly world it is in kind.  
efore only lies today.  
st, I turn my eyes to Light and pray.



*Divine love, now expressing itself through Christ in me, frees me from every unloving thought, and I abide in love.*



THE LOVE I feel within me is the love of Christ expressing itself through me to all humanity. Sensing this love, I cannot hate or fear. I cannot be unloving toward any one when I give free and full expression to the Spirit of love within me.

The love of Christ felt for all humanity is now quickening me to love all men. In Christ's love there is no place for personal animosity. In love there is no room for hate or fear. All my thoughts now conform to the Christ standard of love.

By loving I give expression to the ever-increasing love of Christ within me. I pour out my love upon all persons. I refuse to entertain thoughts of hate, since I am the channel through which Christ expresses His love. I will not withhold my love. I will be responsive and sympathetic at all times.

Divine love expressing itself through me quickens me to the consciousness of love. I willingly and gladly give expression to the love of Christ. I am ready to express love to all persons freely and unstintingly.

Love one another; even as I have loved you.  
—John 13:34.

FRIDAY, FEBRUARY 10

*I am cured of the habit of impatience,  
since I have learned to trust in God in  
all things.*



RISE out of all feeling of impatience, because through Christ in me I can be patient under all circumstances. I can break the habit of impatience by increasing my trust in God and by knowing that all things will be adjusted in divine order. I cannot be impatient when I realize that all is well.

In the sight of God there is nothing about which to be impatient. In His world, the world of Truth, there are no situations to vex or disturb me. Knowing the truth, I am free from every thought which would make me restless or irritable.

I am directed into the patience of Christ. That which formerly made me impatient no longer exists as anything having power over me. I am steadied and poised in the understanding that nothing in all this world can make me impatient. I know that the outcome of every situation will be good, prosperity, and success.

In the consciousness of patience, I feel that I am master of every situation.

The Lord direct your hearts into the love of God, and into the patience of Christ.—*II Thess. 3:5.*

*The peace of God fills me completely,  
and my environment becomes one of  
peace.*

**L**IFTING my thought above inharmonious things, I feel the peace of heaven. I realize that my world becomes like my thought about it. I know that I have power to change and to transform my world from one of inharmony to one of peace.

The peace of God is the peace that now fills my heart and makes me peaceful in mind and in body. Naught can compare with this peace. The belief in inharmony pales into nothingness as I contemplate the omnipresence of the peace of God. In Truth, God is everywhere present, expressing Himself as the peace of heaven made tangible to earth.

My thoughts are pacified through my being lifted to the consciousness of perfect peace. I sense the peace of heaven. I am firmly convinced that nothing in all this world can destroy my peace of mind when I am established in Truth. Nothing can keep me from realizing that peace is now being manifested according to the perfect will of God.

I am filled with peace because I am filled with peaceful thoughts. These act as an antidote to thoughts of inharmony.

Peace be multiplied unto you.—*Dan. 4:1.*

*Divine Mind is my ideal, and I now conform all my thoughts to this standard, the standard of Truth.*

**D**IVINE MIND, spiritual consciousness, is the ideal by which I now measure all my thoughts. I give up those thoughts which do not measure up to this standard. I know that every mortal thought I drop from mind will be replaced by a thought of Truth.

I realize that in Truth there is but one God, one Divine Mind, one spiritual consciousness. In this knowledge, I realize that in Truth there is no carnal mind, no mortal thought, no belief in limitation. I give up every adverse thought in order to experience the thoughts of God, the emanations of Divine Mind.

I deny that adverse thoughts can have presence or power in my mind. Such thoughts are nothing in the sight of God. They are nothing in Divine Mind, in the knowledge of Truth. Only thoughts of good, thoughts of Truth, can emanate from the mind of God, which is the mind of Truth. When I think thoughts of Truth, I am identified with this mind of Truth.

Through the new ideas now active in my mind, I have power to transform myself and my world.

Be ye transformed by the renewing of your mind.—*Rom. 12:2.*

*The life of God, which has ever been within me, is the life that now and forever animates me.*

**I** REJOICE to be alive! I rejoice to live in the knowledge that the life of God has ever filled me, fills me now, and forever will do so. I free myself from every adverse belief that would cause me to think of my life as limited in any way. In the consciousness of life I am forever alive.

Every belief in disease and death is wiped from my mind to make room for thoughts of Truth and life. I live because the Spirit of Christ within me lives and is ever alive. I live eternally in the realization that there is that within me which lives forevermore.

Thoughts of life fill my mind and manifest themselves in my body as life. I live because the life of Christ within me is the urge that drives me. I live in the knowledge of His free and abundant life. I increase in the consciousness of oneness with His life, and my own life broadens. My thoughts of life impregnate my whole being with life.

Christ within me is a fountain of energy, life, health, and strength. He can never be depleted. My life is all-sufficient. Abiding in Him, I am ever assured of bountiful life. Living in Him, I am at one with all life.

With thee is the fountain of life. —*Psalms 36:9.*



*The Truth of Christ frees me from all belief in that which is false. I delight to live in Truth.*



THE TRUTH of Christ reveals to me that which is true and that which is false. In the consciousness of Truth, health, and success I see the falsity of disease and failure. The Truth revealed to me causes me to see that I am superior to that which is false, that which in ignorance I have believed to be true.

True knowledge about health frees me from the belief that disease is true. In God's world, in the consciousness of Truth, there is only God, only His perfect expression of Truth. The Truth teaching about success sets me free from all belief that failure is true in the sight of God. In Spirit, there is no failure.

The Truth ideal of love sets me free from the thought that hate and fear can be true. I realize that only that which is good and noble is true in Spirit. I know that nothing limited or debasing can be true or real. Only that which is of God has truth back of it.

I delight to live in the realization that God within me is ever true. He is the standard by which my life is measured. His Truth is my chart and my compass.

Speak unto me nothing but the truth in the name of Jehovah.—*I Kings 22:16.*

*New ideas fill my mind and cause my body and my affairs to be charged with the spirit of newness.*



THE NEWNESS of Spirit now charges me mentally and physically. I give up old, crystallized, and useless ideas in order to think new thoughts, the thoughts of Spirit and of Truth. These new thoughts convey newness to my mind, and I am mentally renewed.

New ideas come to me from the mind of God and reveal to me new blessings. These ideas are rich and powerful and disclose to me the riches of Spirit, my riches. I think these thoughts because they are thoughts of Spirit, and by them I am united to spiritual blessings.

The sense of newness now felt in mind and in body is the ever-renewing power of Spirit manifesting itself for me. I cannot become old in mind or in body as long as I abide in the consciousness of newness. I cannot be apart from the new life of Christ as long as I consciously unify myself with Him.

The newness that I now sense within me will ever continue to renew me. The new life of God is never withheld from me. It will ever revitalize, regenerate, and renew my body with its power. New life will ever spring forth from the inner springs of Spirit and revitalize me.

**Renew a right spirit within me.—Psalms 51:10.**

THURSDAY, FEBRUARY 16

*I behold heaven, the kingdom of God  
within me, now becoming manifest in  
the world about me.*



AS I meditate on the kingdom of God within me, I find the realm of perfect harmony. I know that this is heaven and that God is enthroned there. I realize that there is no heaven other than the place where God abides. I cease to look in any other place or any other time for heaven. I know that it exists here and now within me.

I know that the presence of God is wherever good is found. I realize that God is omnipresent in Truth and is found in manifestation when through higher consciousness I sense His presence. In this high consciousness I find perfect harmony, heaven as it exists in Truth.

As I discover God within and about me I realize that heaven is both within and around me. I find that in the absolute there is no place where God is not, no place where heaven does not appear. By raising my consciousness to heaven, I find it to be that high estate in which all blessings come into manifestation.

Abiding in the heavenly consciousness, I abide in the conscious realization that God now appears in my life as the fulfillment of every holy desire.

I was not disobedient unto the heavenly vision.  
—Acts 26:19.

*In the consciousness of higher truths,  
I pray the prayer of faith and under-  
standing, and every righteous desire is  
fulfilled.*



PRAY the true prayer since I know the truth. I pray the prayer of faith and understanding, having faith in God and understanding that He is even now answering my prayer. I know that whatever I desire in Spirit will come into manifestation.

By prayer I commune with God. I enter into the consciousness of my interrelation with Him. I realize that when I am in this higher consciousness I am at one with all that He is and all that He has. By prayer, the Spirit within me is recognized as the Spirit of God now bestowing upon me that which I most need and desire.

In the silence I come in contact with God. I touch that inner presence from which all good springs forth. I ask for whatever I desire and it is given me. I invite the Spirit of God to express Himself in and through me. All good springs from the Spirit of God within me as I lift my heart in prayer.

By prayer I realize that there is no lack and that God's abundance is mine. All that I seek now comes to me. That which is sought is now seeking me and winging its way to me.

Ask, and it shall be given you.—*Matt. 7:7.*

*The perfection of Spirit within me  
now shows forth as my own perfection.  
In Spirit I am perfect.*



CEASE to think of any personal blemishes or shortcomings. I no longer accuse myself of falling short of my ideal. I do not hold myself in the thought of limitation or adversity. I no longer deny expression to the Spirit within me. In Truth, I have never been other than the perfect child of a perfect Father.

I go forth in the realization that I am now perfect even as the Spirit within me is perfect. I go forth in the consciousness that in Spirit I am ever the perfect manifestation of Christ within me. I lose sight of every adverse belief which would cause me to think of myself as anything less than God's perfect child.

The perfection of Spirit within me causes me to realize that I am independent of all belief in disease, limitation, and failure. None of these thoughts can reach me or affect me. I am loyal to the truth of my innate perfection.

I abide in the consciousness that my perfection is now appearing in order to show forth the perfection of my indwelling Spirit. My every thought is high and constructive. In the consciousness of perfection I behold the perfection of my indwelling Christ.

Let us press on unto perfection.—*Heb. 6:1.*

*The light of Christ within me is the light of my illumination and inspiration. All that I need to know is revealed to me.*

**T**HE LIGHT of Christ shining within me is the light that illumines me in all my ways. I no longer think of myself as ignorant or in darkness. I know that the light of Christ within me reveals to me all that I need to know.

In the light of Truth all things are revealed to me. Nothing can remain in the dark when the light of Truth is turned upon it. Nothing can be hidden from me when the light of revelation, the light of Christ within me, plays upon it. I see all things revealed in the light of Spirit.

All that I need to know is shown to me, every problem is solved, every decision is made. I cannot exist apart from Christ or His light. I cannot be undecided because the light of Christ guides me. In this realization I free myself from dual-mindedness and abide in the consciousness of my oneness with all knowledge and the true light of Spirit.

The light of Christ shining within me now radiates to all parts of my being and to my world. I dispel all darkness in my life. I let the light shine.

Then shall thy light break forth as the morning.—*Isa. 58:8.*

AFFIRMATIONS USED BY  
SOCIETY OF SILENT UNITY

February 20 to March 19

ILLUMINATION

*The wisdom of the Holy Spirit guides  
and illumines me.*

HEALING

*Quickening, vitalizing, free-flowing  
Spirit life is working mightily within  
me, and I am healed.*

PROSPERITY

*Spirit substance fills my mind and af-  
fairs to overflowing, and I thank God  
for prosperity.*

*The healing power of Christ within me  
now dissipates every belief in disease,  
and I am raised to perfect health.*



THE HEALING power of Christ, which I now feel within me, is mighty to lift me above every belief in weakness and disease. His Truth revealed to me shows me the falsity of disease. Abiding in Truth, I can believe only in God, only in Truth, only in health.

The healing presence of Christ within me strengthens and heals me. Every part of my physical body feels this healing presence. I am raised to the consciousness of perfect health, and healing results. In this realization I cannot believe in the reality or power of disease. I know that the presence of Christ wipes every belief in disease from my mind, and I am healed.

When the belief in disease would impress itself upon my mind, I turn in thought to God, Truth, and health. In place of thinking about disease, I think the truth about my perfect health in Spirit. I sense within me the perfect health of God, that which is my own wholeness and perfection.

The healing life of God now radiates from His presence within me, and I am healed. I see through eyes of Spirit my innate wholeness.

I will bring it [this city] health and cure, and I will cure them.—*Jer. 33:6.*



*Rich ideas of Spirit now revealed to me disclose to me the means whereby my prosperity appears, and I behold myself as prosperous.*



THE RICHES of Spirit are now revealed to me as my own. Rich ideas fill my mind and relate me to those gifts which Spirit bestows upon me. By rich ideas I make the contact with prosperity and success. Rich ideas expel from my mind every idea of lack, insufficiency, and failure. I am rich because God, my Father, has all things.

In the consciousness of riches and success, I go forth revealing to myself the riches of God, my own prosperity. I refuse to entertain any thought of lack since in God's world no lack can appear. I refuse to believe in failure since in God's world I can succeed in all things. I recognize only prosperity and success.

I behold myself as living in the prosperity of Spirit. I have every good and receive every blessing that Spirit has in store for me. Nothing good can escape me. I abide in that high consciousness wherein I behold the riches of God as coming to me in such form as will meet my present need and requirements.

I pray that in all things thou mayest prosper and be in health, even as thy soul prospereth.—III John 2.

*My path is now revealed to me and the way to peace and prosperity disclosed.*



THE WAY that I should take is now shown to me. Barriers are brushed aside, and I go the way of peace and plenty. Every obstacle is removed from my path, and I progress with joy and happiness. I no longer believe that the right way can be hidden from me. I know that in Truth there is but one way, the way of peace and plenty.

My path is the path which Spirit has designated for me to take. It is the way of good, the way of Truth. It is a path of pleasantness and of peace. Christ attends me all along the way and I am joyful and happy. I go my way in the assurance that all good must come to me.

The way that Spirit now reveals to me leads to more peace and success. The glories of Spirit are constantly being revealed to me as I go forth in the consciousness of Truth. At every step of my way I behold more and more of God's goodness. I behold the riches of Spirit at every turn. I see God's goodness manifesting itself in abundant measure.

Going the way of Spirit, I go the way of peace and plenty, the way of joy and happiness, the only way which God opens to me.

I send my messenger, and he shall prepare the way before me.—*Mal. 3:1.*

*When the thought of adversity comes to me, I turn to Christ. Christ, the Truth, ever abides within me.*



CHRIST lives within me. When I am tempted to believe in evil or any opposite of Christ, I turn to Him and feel His presence. I lose sight of adversity when I turn to reality, Truth—the Christ. In Him I find all good. In Him abides all that the Father has in store for me.

Christ is light, peace, love, joy, health, and plenty. Turning to Christ I am aware that all these emanate from Him. Facing Him I cannot recognize lack or limitation. Neither of these can exist for me when my thought is upon Him.

Christ is the total of all good. I turn from all belief in evil in order to behold good in its fullness as represented in Christ. I know that all reality, all truth, is epitomized in Him. I behold the good vested in Him now manifest as my own tangible good.

Christ is that within me which is divine. It is that within me which is of heaven, never touched or disturbed by things of earth, always serene and victorious. As I meditate upon Christ within me I am conscious that in reality there is naught but Christ, naught but Truth and good.

Christ be formed in you.—*Gal. 4:19.*

*I have power and dominion over everything in my world, because Spirit in me has all power and authority.*



**I** HAVE dominion over myself and over my life through the dominion of Spirit within me. Spirit in me has full authority over my life, my environment, my work, and my world. Nothing external to me, nothing adverse, can rule or govern me in the presence of Spirit. No mortal thought can have dominion over me. No belief in disease or failure can dominate me. The Spirit of Christ in me is master.

As I take dominion over my thoughts, I find that adverse thoughts drop from mind and make way for spiritual and true thoughts. I have power to say what thoughts I will think. Thoughts cannot have power over me. I have dominion, power, and authority.

I take dominion over my physical body. No belief in disease can outpicture itself there. No thought of physical limitation can express itself in my body. The Spirit of perfect health has dominion over me and my bodily health.

I have dominion over my environment and all my affairs. No belief in lack or failure can appear in my business or in my finances. The Spirit of plenty and success has full dominion over my work and my affairs.

*The upright shall have dominion.—Psalms 49:14.*

*The forgiving love of Christ within me forgives me, and I am conscious of his loving forgiveness.*

**T**URN from all thought of accusing myself of sin or misdeeds and am conscious of the presence of Christ within me, now forgiving me. I no longer accuse myself of doing evil, because His forgiving love fills me through and through. I turn from the thought of self-condemnation and enjoy the loving forgiveness of Christ.

I forgive myself easily because Christ in me is quick to forgive. I know that in His mind there is no thought of sin, no thought of my shortcomings. I realize that He holds no thought of limitation against me. In His sight I am without blame. I now behold myself as I am seen by His eyes.

I wipe from my memory all thought of sin or misdeeds of the past. I let the Christ thought of forgiveness and reconciliation occupy my mind. I let His love fill my consciousness. I rejoice that I am now forgiven. All thought of unpleasant memories of yesterday is wiped from my mind, and I abide in forgiving love.

I am willing to forgive others. I am prompt to restore them to the original love I felt for them. In Christ, all is now forgiven.

Her sins, which are many, are forgiven; for she loved much.—*Luke 7:47.*

*The exalting presence of Christ within me exalts me, and I rise above every belief in limitation.*



KNOW that there is that within me that exalts me above every belief in limitation. I cannot be discouraged or cast down because Christ in me is exalted and I, too, am exalted. I realize that nothing of the world about me can depress me because through Christ I am lifted up.

In the consciousness of Christ within me I am a tower of strength. I am exalted! The Spirit of Christ within me causes me to look to heaven. I realize that things of the earth cannot affect me. I know that Christ in me is exalted above every human belief in adversity or limitation.

The exalting presence of Christ lifts me to that high consciousness in which I know that I, too, am exalted—lifted above all belief in evil, sin, disease, fear, and failure. I enjoy that high consciousness in which I know that God is all in all. In this exalted consciousness I realize that I can never again believe in the power of external things or adverse circumstances.

Exalted to the presence of Christ, I realize that there is no other presence or power. In Him I am content to abide eternally.

Arise, shine; for thy light is come.—*Isa. 60:1.*

MONDAY, FEBRUARY 27

*Conscious of the presence of Christ within and about me, I relax from all tension and strain. All is well.*



RELAX from all mental and physical tension. I relax in the consciousness that no disturbing thought can make me tense. I relax in the realization that persons, things, and circumstances have no power to cause me to lose sight of the harmonious presence of Christ within and about me.

I rest in the consciousness that Christ in me is master of every situation. I know that all is well. I am willing to place all in His hands, to abide in His loving presence. I have no fear that things of the world will prove too much for Him.

I rest in the confident assurance that all things in my life are now being adjusted to that which is for my highest good. I relax from all tension and strain knowing that Christ is with me and ever taking care of my affairs. I lose all sense of fear and rest in the confident conviction that He is harmonizing, adjusting, and regulating my life.

Resting in this consciousness, I see all things in my life being harmonized according to the wisdom, order, and justice of heaven.

He entereth into peace; they rest in their beds, each one that walketh in his uprightness.—*Isa. 57:2.*

a. 60:1.

*The silence and stillness of Christ in the midst of me draws me from the noise of the world about me, and I am peaceful and still.*



**I**N THE STILLNESS of Christ within me I lose all belief that things of the external world can disturb me. I am detached from external noises and confusion. I turn away from the thought that things of the world can master me and know that in Truth I am their master.

In the silence of my soul I realize that I am at one with the world of silence. In this silence the power of Christ is generated, and I participate in it. Silence pervades my soul and speaks to the world about me silencing every discord.

In quietness I sense the presence of Christ and realize that in Truth He is all in all. There is no presence or power in Truth but He. In the silence and stillness of His presence I know that I have presence. I know that my Spirit is at one with the Spirit of Christ and we are inseparable.

Christ in me says "Silence" to every disturbing thought and silence is established. His word puts to rout every disturbing belief. I rest in His presence knowing that through the power of stillness I command my world.

Study to be quiet.—*I Thess. 4:11.*



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## HIGH TRUTH

Whoever sees that  
the Truth is God, will  
tell the Truth and it  
will defeat every lie.  
The Truth concern-  
ing the Good is the  
only Truth.

—Emma Curtis Hopkins.

